

**You may have been drinking more during isolation but
YOU HAVEN'T BEEN DRINKING ALONE**

Nearly two months into COVID-19 induced isolation, data from the Alcohol and Drug Foundation suggests Australian parents have been consuming more alcohol, more frequently.

Since lockdown began, more than one in four (29%) parents have increased their alcohol intake, with almost one in six saying they've been drinking every day.

The past couple of months have been really stressful for parents. Many have been using alcohol as a coping mechanism.

As we start to move towards a 'new normal', the Alcohol and Drug Foundation is encouraging parents to be mindful of their drinking during isolation and the role it can play in shaping their children's attitudes and behaviours towards alcohol.

There is a compelling body of evidence highlighting how parental behaviours and attitudes towards alcohol play one of the strongest roles in influencing children's future behaviour towards alcohol. It's really important our children do not view alcohol as a coping mechanism for feelings of stress, anxiety or boredom.

The good news is, just as adults can easily form and pass on unhealthy behaviours to children, they can just as easily do the opposite.

As the restrictions of coronavirus begin to ease, parents can quickly re-establish themselves as positive role models.

To find out how your drinking may be affecting your kids, visit: adf.org.au/drinking-isolation/